

LIFE LOOKS BETTER WITH MHN'S EMPLOYEE ASSISTANCE PROGRAM

IT'S ABOUT YOU

An EAP is a service designed to help you manage life's challenges. At MHN, we customize EAP solutions by understanding your unique needs and then offering the appropriate assistance or referrals. The following services, paid for by your employer, are available to eligible members.*

CLINICAL COUNSELING

Your EAP provides assessment, assistance and, when necessary, referral to additional services. Eligible members are entitled to a set number of face-to-face or telephonic consultations (see chart below) for a wide range of emotional health, family and work issues, including:

- » Marriage, relationship and family problems
- » Domestic violence
- » Alcohol and drug dependency
- » Stress and anxiety
- » Depression
- » Grief and loss

WORK & LIFE SERVICES

Your EAP also includes telephonic consultations to help you with:

Childcare and eldercare assistance – Needs assessment plus referrals to childcare and eldercare providers. You may also be entitled to help with adoption, parenting skills, educational issues and more.

- Financial services** – Budgeting, credit and financial guidance (investment advice, loans and bill payments not included), retirement planning and assistance with tax issues.
- Legal services** – Telephonic or face-to-face consultations for issues relating to civil, consumer, personal and family law, financial matters, business law, real estate, estate planning and more (excluding disputes or actions between you and your employer or MHN).
- Identity theft recovery services** – Information on ID theft prevention, plus an ID theft emergency response kit and help from a fraud resolution specialist if you are victimized.
- Daily living services** – Referrals to consultants and businesses that can help with everyday errands, travel, event planning and more. (Does not cover the cost nor guarantee delivery of services.)

ONLINE MEMBER SERVICES

- Access helpful information and powerful emotional health and work-life tools online. You can:
- » Search for an MHN counselor and get a referral
 - » Ask our expert an emotional health question
 - » Access online assessments and self-help programs for stress, depression, insomnia, anxiety and substance abuse
 - » Access estate planning information and tools, including an online will-making program

Employment Category	Counseling Sessions Per Year (July 1 - June 30)
Level 1 Bargaining Units 5 & 7 employees and all exempt, managerial, supervisory and confidential employees of the California Highway Patrol. Bargaining Unit 7 employees (R07), managers (M07), supervisors (S07) and confidential employees (C07) in any other department. Bargaining Unit 6 employees (R06), managers (M06), supervisors (S06) and confidential employees (C06). Bargaining Unit 8 employees (R08), managers (M08), supervisors (S08) and confidential employees (C08) including seasonal and intermittent firefighters.	<ul style="list-style-type: none">» 7 sessions per problem type for employee» 7 sessions per problem type for spouse or registered domestic partner» 7 sessions per problem type total for dependent children
Level 2 All California Highway Patrol, Department of Forestry and Fire Protection (State Fire Marshall), and Department of Corrections and Rehabilitation employees (unless listed in Level 1 above).	<ul style="list-style-type: none">» 3 sessions per problem type total for employee, spouse or registered domestic partner, and dependent children
Level 3 All other employees.	<ul style="list-style-type: none">» 3 sessions total for employee» 3 sessions total for spouse or registered domestic partner, and dependent children

* Active State employees, their lawful spouse or registered domestic partner, and unmarried, dependent children are eligible. Dependent children include: natural, adopted or step-children who are under the age of 23. Children of any age who are incapable of self-sustaining employment due to a mental or physical disability are also eligible. Dependent children in the military are not eligible.

Need help?

Call toll-free, 24 hours a day, seven days a week:

(866) EAP-4SOC (866) 327-4762

TDD: (800) 327-0801

or visit us at:

eap4soc.mhn.com

access code: soc

